



**Educate
+ Engage**



FAMILY
MATTERS



Boundaries Matter

OVERVIEW

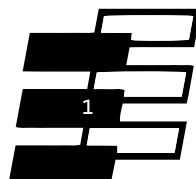
Are you the kind of person that likes to learn the rules of a game before you play or would you rather jump in and learn as you go? Knowing the rules of a game before you play definitely has its advantages. If you're competitive, learning the rules before playing can help develop a strategy for winning. The same goes for watching a sport. Knowing the rules of the game before you watch makes the experience more enjoyable. For the most part, it is much more fun and exciting to know that your winning team has the football with just enough time to score a field goal and win the game after the opposing team gets to fourth down.

Boundaries in our walk with God are a lot like this. If life is like a game, then knowing the rules or boundaries can help you succeed and ultimately win. Before we dive into our lesson, why do you all think boundaries are important in life?

Scripture Passage

Psalm 34:1–22 (NIV)

I will extol the Lord at all times;
his praise will always be on my lips.
I will glory in the Lord;
let the afflicted hear and rejoice.
Glorify the Lord with me;
let us exalt his name together.
I sought the Lord, and he answered me;
he delivered me from all my fears.
Those who look to him are radiant;
their faces are never covered with shame.
This poor man called, and the Lord heard him;
he saved him out of all his troubles.
The angel of the Lord encamps around those who fear him,
and he delivers them.
Taste and see that the Lord is good;
blessed is the one who takes refuge in him.
Fear the Lord, you his holy people,
for those who fear him lack nothing.
The lions may grow weak and hungry,
but those who seek the Lord lack no good thing.



Lesson 3

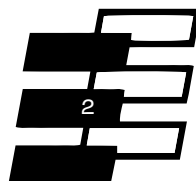
Come, my children, listen to me;
I will teach you the fear of the Lord.
Whoever of you loves life
and desires to see many good days,
keep your tongue from evil
and your lips from telling lies.
Turn from evil and do good;
seek peace and pursue it.
The eyes of the Lord are on the righteous,
and his ears are attentive to their cry;
but the face of the Lord is against those who do evil,
to blot out their name from the earth.
The righteous cry out, and the Lord hears them;
he delivers them from all their troubles.
The Lord is close to the brokenhearted
and saves those who are crushed in spirit.
The righteous person may have many troubles,
but the Lord delivers him from them all;
he protects all his bones,
not one of them will be broken.
Evil will slay the wicked;
the foes of the righteous will be condemned.
The Lord will rescue his servants;
no one who takes refuge in him will be condemned.

(Teacher note: Read the entire psalm. You can do this in a variety of ways. You can give the students a minute or two to read it on their own, or you could read it aloud to them).

EDUCATE

Does anyone notice a word that is repeated frequently in Psalm 34?

Yes, you're right! "Fear" is actually quoted several times. One of the reasons boundaries are established is because of fear. Didn't your mom ever tell you "don't go there" or "don't watch that?" She said that in order to draw a boundary line because of a feared outcome. When we choose to fear the Lord and His ways, it automatically sets up boundaries in our life that will keep us safe.



Point 1: Fear the right way.

Living in the fear of God is not meant to be scary. It's meant to cause you to live in awe, respect, reverence, and ultimately love for His ways. If we value living in the fear of God, it will save us from a lot of heartache and pain in life and invite joy and peace. Verse 9 in our key Scripture passage says, "Fear the Lord, you his holy people, for those who fear him lack nothing."

Why do you think fearing the Lord is a good way to establish boundaries in life?

Sometimes when we draw boundaries in life, it can feel like we're missing out. There might be some things that your friends at school get to do but your pastor has asked you not to because it does not align with living according to God's Word. When we live our lives in the fear of the Lord, it will help you to navigate what is comfortable and acceptable in relationships.

Point 2: Know your why.

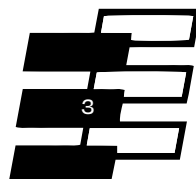
If we are not careful, implementing boundaries in our life will feel like a lot of do's and don'ts. There is so much more than what meets the eye. Building upon the previous point, if you interact with anyone in the world who does not value living in the fear of the Lord, they will probably think you are bound. The irony though is that you are actually free.

Living according to the boundaries outlined in the Bible for righteous living is what frees us. It frees us from the condemnation of sin. It frees us from unnecessary guilt and shame. This is why! If a friend were to ask you why you do and do not do certain things, what would your answer be for them? Knowing the "why" behind living the way that Apostolic Pentecostals do aids in navigating relationships in a fruitful way.

Try to use a real life example that tie point one and two together. For instance, if you know that it is pleasing to God to be sober minded (fearing the right way) instead of indulging in alcohol, then you can confidently tell others in meekness why you choose to abstain and walk in freedom from addiction (know your why).

Point 3: Accountability is key.

No one is perfect and for that reason, we all need a little help from time to time, especially when it comes to righteous living. Establishing and keeping boundaries will require accountability: someone that is there to keep you on track and to help you get back on the path if you stray.



Finding accountability in your life is not about finding someone to look over your shoulder all the time and make sure you are not messing up, but rather placing someone nearby that can encourage you along the way to keep doing what is right. It's been said before that Jesus is one of the best accountability partners you will ever find. When you have a relationship with Him, you will want to please Him, and when you begin to step outside of the boundary lines He has established for you, His Spirit can gently guide you to get you back on track.

Referring back to our key passage, Psalms 34:12–14 states, "Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies. Turn from evil and do what is good; seek peace and pursue it." What are these boundaries meant to do? Allow us to see many good days in life by keeping what we say pure, turning away from evil works, and seeking peace.

Boundaries are meant to keep you safe so that you can succeed and flourish in the life God wants you to live! Let's get practical for a moment. What are some boundaries that you feel God is wanting you to follow? Maybe it's about what you let yourself watch and listen to. Maybe it's about the clothes you wear. Maybe it's about your friendships. Let's share some if you feel comfortable.

Closing

Today we have learned about the importance of establishing boundaries in our Christian walk. When you know your boundaries, it will support you in having healthy relationships with your family, friends, teachers, coaches, and others. We discussed how the fear of the Lord is what prompts us to set boundaries. We also learned that accountability is key in keeping us on the right track and finally that knowing the why behind the things you do and do not do is valuable.

ENGAGE

My final challenge to you today is to spend some time this week evaluating your boundaries. Do you know your boundaries? If you have boundaries in your life, why do you do them? If you know your boundaries but feel like you might be struggling a little, we are here to help you. Don't struggle alone. Do not let shame and guilt keep you from getting help. We are the body of Christ, and helping one another is why we are here. Remember, boundaries are meant to keep us safe and to set us free!

